Whole Turkey

Most people have a funny or sad first whole cooked turkey story. I've cooked a few turkeys in the oven and was never satisfied with the amount of time it took or the heat lost. A whole turkey almost fills a table top oven. There is very little heat loss, and it cooks in about half the time of a conventional oven. Lift the inner lining out, and set it on the table to carve the turkey. No bending over to lift a heavy turkey, and the oven is free to prepare foods that only need an hour to bake.

Pre Cook Preparation:

Marinate: Gluten free gravy

A. Thaw turkey in fridge for about 5 days (based on weight and instructions on the package)

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for when next part of the meal should be prepared

Determine this by one of two methods:

For oven cooking, a basic pounds and time to cook guide is generally located on the packaging.

For table top oven, consult the book that came with it. The oven I use says 15 to 17 minutes per pound. A 16 pound turkey should take a minimum of 4 hours to bake. At 3 hours, or a little less, I need to be prepared to start the vegetables. I don't want to start them too early, as it could take 4.5 hours for the turkey to bake.

Meal Adaptations:

Physical Accommodations:

Allow the meat cook to well done so it slides off the bones

By using the table top oven, there is little to no bending

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring vegetables

Visual Accommodations:

Colored chopping boards

Use the table top oven to avoid burns

Potential Food Allergy or Intolerance:

Broccoli

Butter (lactose)

Gravy (gluten)

Mushrooms
Onions
Pepper
Potatoes
Spices
Turkey

Meatless Preparation Avoid:
Butter
Turkey
Substitute with: _____
Vegetarian style turkey is available

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: Table top oven

Ingredients:

Meat:
Turkey

Vegetables:
Corn on the cob
15 ounces of potatoes, (diced, mashed, sliced)
Sweet potato pie

Other ingredients:
Dash of salt
Spices, such as pepper, to taste

Preparation time: 20 minutes

Preparation:

1. Thaw the turkey. This takes several days in the fridge. Follow guide on turkey package.
2. Rinse turkey.
3. Thaw inside and remove plastic leg holders, gravy packets, and giblet packets that may have been frozen inside.
   Important: Do not bake giblets, gravy packets, or plastic leg holders inside the turkey. Gravy and giblets may contain gluten.
4. Rinse turkey inside and out.
5. Place inside the table top cooker pan.
6. Add 2 inches of water.
7. Slice the breast meat down the center for easier cooking.
8. Tuck wing tips underneath each wing.
9. Set pan in table top oven and turn to 350 degrees, or as specified by the cooker. Be sure cooker is not touching anything. The cord will become warm.

Cook Temperature: 350 degrees

Cook Time: Based on size, generally 3 to 4 hours

Servings: A week's worth of turkey to eat, and freeze for later

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.